

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM	ISSUED	REVISED	CHAPTER	SECTION
	Sponsoring Organizations of Homes POLICY & PROCEDURE MANUAL	12/90	6/15	10	10.2
CHAPTER Chapter 10. Meal Pattern		SUBJECT Meal Requirements-Birth Through 11 Months			

Meals served to infants up to one year of age must meet the requirements described in this policy and in the *Infant Food Chart*. Foods of an appropriate texture and consistency for each infant are required only when the infant is developmentally ready to accept them. The infant's parent or guardian should be involved in all decisions concerning changes in feeding pattern. Solid foods should be introduced one at a time on a gradual basis.

Breastfeeding should be supported as the preferred way to feed infants. In addition, child care facilities must offer at least one iron-fortified infant formula. The infant formula selected should be one that satisfies the needs of the majority of the infants in the facility's care at any given time. Either breast milk or iron-fortified infant formula, or portions of both, must be served for the entire first year.

Infants must be offered at least the minimum amounts of the meal components outlined in the Food Chart. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered. More breast milk must then be offered if the infant is still hungry. Breastfeeding mothers put considerable effort into expressing and storing their milk so child care facilities should take extra care to avoid wasting breast milk.

Fruit juice should not be offered to infants until they are 6 months or older and ready to drink from a cup. Feeding fruit juice only from a cup helps develop behaviors that may prevent early childhood dental caries. Fruit juice served as part of the meal pattern for infants 8 through 11 months must be full-strength.

Infants should be held when being fed a bottle, and should never be laid down with a bottle.

Infant Meal Pattern:

Birth through 3 months

- Breakfast shall consist of 4 to 6 fluid ounces of iron-fortified infant formula or breastmilk.
- Lunch/supper shall consist of 4 to 6 fluid ounces of iron-fortified infant formula or breastmilk.
- Snack shall consist of 4 to 6 fluid ounces of iron-fortified infant formula or breastmilk.

4 months through 7 months

- Breakfast shall consist of 4 to 8 fluid ounces of iron-fortified infant formula or breastmilk. An optional serving of 0 to 3 tablespoons of iron-fortified dry infant cereal may also be provided.
- Lunch/supper shall consist of 4 to 8 fluid ounces of iron-fortified formula or breastmilk. An optional serving of 0 to 3 tablespoons of iron-fortified dry infant cereal or 0 to 3 tablespoons of fruit or vegetable of appropriate consistency may also be provided.
- Snack shall consist of 4 to 6 fluid ounces of iron-fortified infant formula or breastmilk.

8 months through 11 months

- Breakfast shall consist of 6 to 8 fluid ounces of iron-fortified infant formula or breastmilk, 2 to 4 tablespoons of iron-fortified dry infant cereal, and 1 to 4 tablespoons of fruit or vegetable of appropriate consistency or a combination of both.

- Lunch/supper shall consist of 6 to 8 fluid ounces of iron-fortified infant formula or breastmilk, 2 to 4 tablespoons of iron-fortified dry infant cereal and/or 1 to 4 tablespoons of meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ½ to 2 ounces of cheese or 1 to 4 ounces of cottage cheese or cheese food or cheese spread of appropriate consistency and 1 to 4 tablespoons of fruit or vegetable of appropriate consistency or a combination of both.
- Snack shall consist of 2 to 4 fluid ounces of iron-fortified infant formula or breastmilk, or full-strength fruit juice. Optional foods include 0 to ½ slice of crusty bread or 0 to 2 cracker type products made from whole grain or enriched meal or flour and which are suitable for an infant for use as a finger food.

Breastmilk provided by the infant's mother may be served in place of infant formula from birth up to the 1st birthday. Meals containing only breastmilk qualify for reimbursement. Meals containing breastmilk served to infants in the 8 through 11 month age group may be claimed for reimbursement only if all other required food components are served. If the breastfed infant is not consuming the full regulatory portion, it is acceptable for the provider to modify the amount served as long as the infant's needs are met. However, additional breast milk must be offered if the infant is still hungry.

When infants from birth through 11 months participate in the Program, an infant meal shall be offered. Under the infant meal pattern, infant formula is a required component, and must always be offered in order for the provider to obtain reimbursement under the CACFP, unless breastmilk provided by the infant's mother is served in its place. A home provider must have an Infant Feeding Preference Form on file for all infant's in care that is signed and dated by the parent indicating that infant meals are being offered.

Home providers must offer at least one iron-fortified infant formula which meets the definition of infant formula in Chapter 1, Section 5. Providers must select an infant formula which satisfies the needs of the majority of the infants under their care at any given time.

A parent or guardian may elect to decline the infant formula offered by the provider, and provide their own formula from home. If the parent/guardian elects to bring formula from home, the provider must obtain a signed, written statement from the parent/guardian (Infant Feeding Preference Form) declining the use of formula provided by the home provider. If the signed written statement is not on file for infants whose formula is brought from the home, the home provider may not claim the infant's meals for reimbursement.

Meals containing iron-fortified infant formula provided by the infant's parent served to infants in the 0 through 7 month age group can be claimed for reimbursement if a signed parent statement is on file, rejecting the formula offered by the facility. Meals containing iron-fortified infant formula provided by the infant's parent served to infants in the 8 through 11 month age group can be claimed for reimbursement only if all other required food components are served, and a signed parent statement is on file. If the home provider is providing the infant's formula, meals served to infants of all ages may be claimed if all other component requirements are met.

Infant cereals must be fortified to the level of 45% of the Daily Value for iron as indicated by the manufacturer's nutrition label.